

Lincoln-Erdman Elementary Health Survey 2008-2009

179 total survey responses

288 Families = 62% return rate

A sad fact for today's youth: The current generation of young persons today is expected to be the first generation of youth in America who are not expected to live as long as their parents.

When we practice Healthy Habits, We make a difference!!

Making simple changes helps us all to develop our skills and to encourage each of us to take more control over our health. Simple positive changes translate knowledge into action. As part of a new incentive to promote healthy lifestyles at Lincoln-Erdman, we would like you to tell us about health issues that you feel are important to work on. So please give us your ideas on the following health topics:

1. Tell us your "TOP FIVE HEALTH ISSUES", by circling five choices from the following items:

HEALTHY EATING:

Eating too much unhealthy food/snacks 120	Drinking too much soda pop and other sweet drinks 45
Better food choices in the school cafeteria 45	Not eating breakfast every day 22

HEALTHY PHYSICAL ACTIVITIES:

More Physical Education at school 35	Not being very active every day 63
Too much television/computer/game time 117	After school physical activity programming 33

ELIMINATION OF TOBACCO:

Kids that try smoking/other drugs 61	Adults who smoke 32
Allowing people to smoke in public places 50	Exposure to second hand smoke 58

OTHER HEALTHY LIFESTYLES EMPHASIS AREAS:

Crime and Safety Issues 75	People always getting sick/Spreading of Germs 49
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2. Circle two things your child already does to practice Healthy Habits on a regular basis

Lives in a smoke-free home 138	Exercises at least 20 minutes a day 13
Eats breakfast most days 99	Drinks eight glasses of water a day 2
Eats lots of fruits and vegetables 29	Gets at least eight hours of sleep at night 111
Washes hands at least five times a day 27	Tries to avoid dangerous situations 23

3. Circle two things that kids your age could start doing a better job of, to help stay more healthy

Eat more fruits and vegetables 99	Eat less candy, eat and drink less sweetened items 60
Get more exercise on a daily basis 66	Wash their hands more often 46
Drink more water 53	Get more sleep at night 16
Don't get so stressed out 19	Stay away from germy places 12

4. Do you find that your child enjoys the following activities at school:

Aerobics once a month: YES 166 NO 13 Yoga once a month: YES 163 NO 13

5. Do you utilize the LEEF trail as a family?

YES 35 NO 136

6. Have you used or plan on using the LEEF trail as a family?

YES 142 NO 37

Comments/Suggestions (feel free to use back of paper): _____

Thanks for sharing with us! Please return the forms to your child's teacher by February 16th.